

Empowered Woman FOUNDATIONS

WEEK 1 ASSIGNMENT

1. What do you honestly believe is holding you back from living your best life?
2. What kind of ineffective behaviours and conditioning did you get as a kid? (i.e. limiting beliefs, habits, behaviours, etc.)
3. What was the environment that you grew up in like?
4. Who did you need to be to receive love from Mum & Dad?
5. How does that conditioning affect you in your life today?
6. What are the top 5-10 limiting beliefs that show up in your life (general and specific) - e.g. "I am not as smart as everyone else", "I'll never be good enough", "I don't have the certifications to..."
7. How do they affect your life today? What would you be, do, and have if they weren't attempting to sabotage you?
8. What are 3-5 empowering beliefs that you could replace the limiting ones with? - e.g. "I am capable of and intelligent enough to take care of myself and my family", "I was blessed with a special intelligence that makes it easier for me to relate and support others"
9. What are your main triggers? And what is your primary response when you are triggered? (shut down, fight, distance yourself, etc.)
10. What cost do others and yourself pay when you're triggered? e.g. "I hide my gifts and act all rigid and shut down, this cost me my joy and flow. It affects how much money I make and where I get invited to speak and not."
11. What other limiting beliefs or triggers that I have not identified above would I like to address?